

Experience a Virtual Session for Free!

As technology advances, there is a convergence taking place between the physical sciences, quantum physics and ancient philosophies. When examined from the perspective of health, I can say with confidence – “distance healing works!”

One lesson I learned from the years when my practice was 95% distance (virtual) was:

nothing beats experience!

I could tell you about the double-blind study by two senior BodyTalk Instructors that was peer-reviewed and published in the 2015 American Journal of Medicine. (An office copy of the summary showing the effectiveness of distance [virtual] BodyTalk sessions on pain relief is available for review at Borealis.)

I could enthusiastically continue on about two more colleagues whose PhD research and dissertations focussed on the impact of expectations on healing and distance group healing sessions.

I could lose myself (and you) waxing poetic about numerous other peer-reviewed papers on the effectiveness of distance sessions and mindfulness practices demonstrating reductions in stress and anxiety using a variety of modalities.

However, if you are like me, it wouldn't mean a thing because I am a see-it-to-believe-it kind of person.

That is why on Saturday March 27th from noon - 1:3 pm, I am holding a free virtual group session. The two objectives are:

- 1) Every person attending notices a change due to the session (part of the time will include showing you how to notice subtle and not-so-subtle changes)
- 2) Any questions and concerns about virtual sessions are heard and answered

If you would like to participate, please call Borealis with your name, email address and phone number and I will get back to you within 48 hours with the details of how to join.

If you would like to participate but the 27th does not work for you, please let us know what day you are available and I will try to find a time that works for a second session.

Shine brightly!

Dave Huff, CBP, Par.BP, BAT, HBA Psychology

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